



**vermont  
food help**

**[vermontfoodhelp.com](http://vermontfoodhelp.com)**

3SquaresVT helps Vermonters put three balanced meals a day on the table. Visit [vermontfoodhelp.com](http://vermontfoodhelp.com) or dial **2-1-1** to learn more and find out if you are eligible. Most households get at least \$50 each month for food!



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